Neue. 1613.

A new Almanacke, and Prognostication, with the Forraine computation, seruing for the yeere of our Lord and Sauiour Iesus Christ, 1613.

Being the first yeere after the Bissextile or leape yeere.

Rectified to the elevation of the pole Artick and Meridian of the famous towne of great Yarmouth in Norfolke: and may serue generally for the most part of great Britaine.

Practised, penned, and published, by Gefferie Neue, Practitioner in Phisicke, and student in the Mathematicks.

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The contents of this double Kalender for this yeere of our Lord God 1613. which is the first yeere after the Bissextile or leape yeere, according to the accompt and computation of the Church of England.

The prime of Golden number		11
The circle of the Sunne is		26
The Epactis		11
The Dominicall letter is		C
The Romane indiction is		11
The space betweene Christmas & Shroue Sunday is 7. weeke and 2. dayes.		
Shroue sunday	Febr uarie	7
Easterday	Aprill	4
Ascention day	May	13
Whitsunday	May	23
Aduentsunday	Nouember	28
Betweene Trinitie and Aduent, are sundaies		25
Betweene Easter and Ascention are 5. weekes and 3. daies.		
Betweene Whitsunday & Midsommer are 4. weekes & 3. dai.		
Betweene Midsommer & Bartholmew 8. weekes & 4. daies.		
Betweene Bartholmew & all Saints are 9. weekes & 5. daies.		

The Forraine Computation

The prime or Golden number is		11
The circle of the Sunne is		26
The Epact is		11
The Roman Indiction		11
The Dominicall letter		F
The first sunday in Lent	Febr uarie	24
Easter day	Aprill	7
Ascention day	May	16
Whitsunday	May	26
The space betweene Christmas and Shroue sunday are 7. weekes and 5. daies.		

From the creation of the world vntill this present yeare of our Lord God 1613. is 5583
From the creation vntill the flood 1656
From the Flood to Christ 2306
From Moses to Christ 1514
Since the promised seed of Abraham 3559
Since the Israelites departed out of Egipt 3129
Since the destruction of Troy 2796
Since Brute entred this Iland 2720
Since the building of the Temple of Salomon 2649
Since the building of the Cittie of Rome 2364
Since Nabuchadonozer the king. 1361
Since Alexander the great dyed 1937
Since Julius Cesar was slaine with bodkins 1662
Since the happie birth of our Saviour Christ 1613
Since Jerusalem destroyed by Titus 1540
Since England receiued the christian faith 1433
Since the Danes entered England 595
Since the conquest of England 546
Since the science of Printing was inuented 153
Since King Henrie the 8. wonne Bolloigne 69
Since Kettes rebellion at Norwich 64
Since the infectious sweating sickness 56
Since Paules steeple fiered by lightning 51
Since the great plague at Newhauen 50
Since the Earles rebellion in the North 44
Since the blazing starre and frostie winter 41
Since the fierie apparition in the heauens 39
Since the deepe snow 34
Since the generall earthquake in England 33
Since the Campe at Tilburie in Esser 25.
Since the last earthquake in England 12
Our Kings maiesties raigne whome the King of heauen grant long and prosperously to raigne ouer vs 11

The Anatomie of Mans body, as the partes thereof are gouerned, by the 12. Celestiall Signes.

Aries the head.

Taurus neck & throat.

Cancer brest & stomak

Virgo guts & belly.

Scorpio secrets & bladder members.

Capricornus knees.

gemini armes & shoulders.

Leo heart & back.

Libra reynes and buttok

Sagitarius thighs

Aquarius legges

Pisces the feete.

Ianuary hath xxxi. daies.

Now if your body in health will keepe,
warme meates for it is very meete:
Flye Phisicke, sloath, and venerie,
Auoid all Bathes most carefully.

a	New yeare day	virg.	24	11	
b	Octa. of Step	Libr.	8	12	☽ Last
c	Octa. of Ioh	libr.	22	13	quar. the 3.
d	Octa. Innocē	Scor.	6	14	day 36. min.
e	Edward depo	scor.	20	15	after one of
f	Twelfe day	Sagi.	4	16	the clocke in
g	wed comes in	Sagi.	17	17	the afternoone
a	Lucian priest	Capr.	0	18	
b	Sol in Aqua.	Capr.	13	19	● New
c	1. sun. aft. epi.	capr.	26	20	moone the 10
d	Linus bish	Aqua.	8	21	day 27 min.
e	Archadius	Aqua.	20	22	after 9. of the
f	Hillarius bish	Pisce	2	23	clocke at
g	Felix priest	Pisce	14	24	night.
a	Anthony depo	Pisce	26	25	
b	Marcellus	aries	8	26	☾ First
c	2. sund. af. Ep	aries	20	27	quar. the 19
d	Prisca virg	Taur.	2	28	day 18. min.
e	Wolstan bish.	tauru.	15	29	before one of
f	Fab. & Sebast	tauru.	27	30	the clocke in
g	Agnes virg	Gemi.	10	31	the morning
a	Vincent mart	gemi.	23	1	
b	Term: begin	Cane.	7	2	Febr. 1613
c	3. sund. aft. E	cane.	20	3	Partlicat on
d	Conu. of Pa.	Leo	4	4	
e	Policarpe bi.	leo	19	5	● Full
f	Julian bish	Virg.	3	6	moon. the
g	Agnes the sec	vir.	18	7	26. day 35.
a	Valerius bish	Libra	3	8	min after 7.
b	Batild queen	Libra	18	9	of the clocke
c	Saturn ♄ vi.	Scor.	2.	10	in the morning.

Februarie hath xxviii. daies.

This Month as yet no Phisicke vse,
for feare that you your selfe abuse:
Bleed not nor bath, be rul'd by me,
Except vppon necessitie.

i	d	Brigit Fast	scorp.	17	11	g
ii	e	Purif. of Ma.	sagit.	1	12	a
iii	f	Blase bish	sagita	14	13	b
iiii	g	Gilbert conf	sagita	27	14	c
v	a	Agath virg	Capr	10	15	d
vi	b	Dorothy	capri	23	16	e
vii	c	Septuagesima	aqua	5	17	f
viii	d	Sol in Pisces	aqua	17	18	g
ix	e	Appollin	aqua	29	19	a
x	f	Scolastica	pisces	11	20	b
xi	g	Eufrag. vir.	pisces	23	21	c
xii	a	Terme ends	Aries	4	22	d
xiii	b	Wolfran bish.	aries	16	23	e
xiiii	c	Shroue tu.	aries	28	24	f
xv	d	Faustine bish.	taur	10	25	g
xvi	e	Julian virg.	taur	23	26	a
xvii	f	Policron bish	gem	5	27	b
xviii	g	Simeon bish.	gemi	18	28	c
xix	a	Sabine mar.	can	1	1	d
xx	b	Wilfred vir.	can.	15	2	e
xxi	c	first sun in len	Can	29	3	f
xxii	d	Ember weeke	leo	13	4	g
xxiii	e	Matthew Apo	leo	27	5	a
xxiv	f	Innen. of Ma.	virg	12	6	b
xxv	g	Alexander bi.	virgo	27	7	c
xxvi	a	Augustine bi.	libra	12	8	d
xxvii	b	1. sun. in lent.	Libra	27	9	e
xxviii	c		scorp.	12	10	f

(Last quar. the 1. day 24 min. after 10. of the clocke at night.

Shroue sun.

● New moone the 9. day about 3 of the clok in the afternoone.

☽ First qu. 17. day 49. minu. after 6. of the clocke at night.

Warby 1613

● Full moone the 24. day halfe an houre after 5. of the clocke at night.

March hath xxxi. daies.

Now March begins the ſpringing time,
The Sunne hath got the equall line:
Vſe Phiſickes art, and all thy skill,
To helpe diſeaſes that be ill.

d	Dauid biſh.	ſcor.	26	11	g	☾ Laſt qua
e	Chadde biſho	Sagi.	10	12	a	the 3. day half
f	Maurice	Sagi.	24	13	b	an ho. after 9.
g	Adrian mart.	Capr.	7	14	c	of the clocke in
a	Focas & Eule	cap.	20	15	d	the forenoone.
b	Victor marti.	aquar.	2	16	e	
C	3. ſund. in len	aqua.	15	17	f	● New
d	Depoſi Felix	aqu.	27	18	g	moone the 11
e	40. martyrs	Piſces	9	19	a	day 53. min.
f	Sol in aries.	piſces	20	20	b	after 8. of the
g	Quirion	Aries	2	21	c	clocke in the
a	Gregory bi.	Aries	13	22	d	forenoone.
b	Theodore	aries	25	23	e	
C	4. ſund. in lent	Taur.	7	24	f	
d	Longine mar.	Taur.	19	25	g	Annun. Ma.
e	Cyriacke	Gem.	1	26	a	
f	Gertrude	Gem.	14	27	b	☾ Firſt qu.
g	Edward king	gem.	26	28	c	the 19. da. 47
a	Joſ. Ma huſ	Canc.	9	29	d	min. after 9 of
b	Cuthert biſh	cancr.	24	30	e	the clocke in
C	5. ſund. in len	Leo	7	31	f	the morning.
d	Affrodoſſe bi.	leo	21	1	g	Anno 1613
e	Theodore pri.	Vir.	6	2	a	● Full
f	Innt. Rex iac	Vir.	21	3	b	moo. the 26. da
g	Annun. of Ma.	Libra	6	4	c	37. m. after 2.
a	Caſtor mar.	libra	21	5	d	of the clock. in
b	Martian	Scor.	6	6	e	the morning.
C	Palme ſunday	ſcor.	20	7	f	Eaſter day.
d	Victor	ſagit.	5	8	g	
e	Quirin mar.	ſagit.	19	9	a	
f	Adelm biſh.	Capri.	2	10	b	

Aprill hath xxx. daies.

This Aprill with his stormie showers,
doth make the earth yeeld pleasant flowers:
Purge well therefore for it is good,
to helpe thy body and cleanse the bloud.

i	S	Theodote	capr.	16	11	c	☾ Last quar
ii	a	Mary Egypt.	capr.	29	12	d	the 1 day 47
iii	b	Richard bish	Aqua.	11	13	e	min. after 10.
iiii	C	Easter day.	aqua.	24	14	f	of the clocke
v	d	Virtus mart.	Pisces	6	15	g	at night.
vi	e	Marian	pisces	18	16	a	
vii	f	Euphemie	pisces	29	17	b	● Newe
viii	g	Egisipus bi.	Aries	11	18	c	moone the 10
ix	a	Perpetue bish	aries	23	19	d	day 58. min.
x	b	Sol in Taurus	Taur.	4	20	e	after one of
xi	C	1. sun. aft Ea.	taur.	16	21	f	the clocke in
xii	d	welcome in	Taur	28	22	g	the morning.
xiii	e	Eufemie vir.	Gemi.	10	23	a	
xiiii	f	Tiburt & va.	gimin	23	24	b	
xv	g	Oswald arch.	Canc.	5	25	c	Marke Euan.
xvi	a	Isidore mart.	canc.	19	26	d	☾ First
xvii	b	Cosmy.	Leo	2	27	e	quar. the 17.
xviii	C	2. sun. aft. Ea	Leo.	16	28	f	day 42. min.
xix	d	Alphege arc.	Virg.	0	29	g	after 8. of the
xx	e	Victor mart	Vir.	15	30	a	clocke at night
xxi	f	Terme begin	Virg.	29	1	b	May 1613.
xxii	g	Sother	Libra	14	2	c	
xxiii	a	S. George.	libr.	29	3	d	● Full
xxiiii	b	Willfride bish	Scor.	14	4	e	moone the 24
xxv	C	Marke Euan	scor.	29	5	f	day 58. min.
xxvi	d	Clement bi.	Sagi.	13	6	g	after 10. of
xxvii	e	Anastasius	sagi.	27	7	a	the clocke in
xxviii	f	Victalis	Capr.	11	8	b	the forenoone.
xxix	g	Peter mil.	Capr.	24	9	c	
xxx	a	Despo. Erken	Aqua.	7	10	d	

May hath xxxi. daies.

Now gallant May in his array,
doth make the fields pleasant and gay;
Walke early now for thy healths sake,
And still thou maist some Phisicke take.

b	Philip & Jac.	aqua	19	11	e	☾ Last quar
C	Athanasiu bi.	Pisces	2	12	f	the 1. day 42.
d	Inuent cross	pisces	14	13	g	min. after 1.
e	Florian	Pisce	26	14	a	of the clocke
f	Goddard	aries	8	15	b	in the after-
g	John port lat.	aries	20	16	c	noone.
a	John Beuerl	Taur.	2	17	d	● Newe
b	Appa. S. Mic	taur.	14	18	e	moone the 9.
C	Rogat. sun.	taur.	26	19	f	day 17. min.
d	wed goes out	Gemi.	8	20	g	after 5. of the
e	Sol in Gemi.	gemi.	20	21	a	clock at night.
f	Achelie.	Canc.	2	22	b	☾ First qua
g	Ascention da.	canc.	15	23	c	the 17. day
a	Boniface mar	Canc.	28	24	d	18. min. after
b	Isidore mart	Leo	12	25	e	4. of the clock
C	Brandon bish	leo	26	26	f	in the mor:
d	Terme ends.	Virg.	10	27	g	● full mo.
e	Dioscorid.	virg.	24	28	a	the 23. day
f	Dunston bish	libr.	9	29	b	halfe an houre
g	Bernardine	libra.	24	30	c	after 7. of the
a	Hellen Quee.	Scor.	8	31	d	clock at night.
b	Julian virgin	Scor.	23	1	e	June. 1613.
C	Whitsund v.	Sagi.	7	2	f	Trinit. sun.
d	Trans. Fran.	sagit.	21	3	g	
e	Adelme bish.	Capr.	5	4	a	
f	Ember wee.	capr.	19	5	b	☾ La. qu. the
g	Bede priest	Aqua.	2	6	c	31 day about
a	Germane bish	aqua.	15	7	d	6. of the clock
b	Coron mart.	Aqua.	27	8	e	in the mor-
C	Trinit. sund.	Pisc.	10	9	f	ning
d	wed come in	Pisc.	22	10	g	

Iune hath xxx. daies.

This Month of Iune vse clarified whay,
Boiled with cold hearbes drinke alway:
From violent exercise now abstaine,
Except thou wilt in trouble remaine.

i	e	Nichomed m	aries 4	11	a	● New
ii	f	Marcelline	aries 16	12	b	moo. the 8. da.
iii	g	Tralmus mar	Aries 28	13	c	halfe an hour
iiii	a	Terme begin.	taur 10	14	d	after 6. of the
v	b	Boniface mar	taur 22	15	e	clocke in the
vi	C	1. sun. aft. tri.	Gemi, 5	16	f	morning.
vii	d	Alolstone	gemi. 17	17	g	
viii	e	Milch arch.	gemi. 29	18	a	☾ First qu.
ix	f	Edmund	Cance 12	19	b	the 15. da. 21
x	g	Iuan conf.	cance 25	20	c	min. after 9.
xi	a	Sol in Canc.	Leo 9	21	d	of the clocke
xii	b	Basill	Leo 22	22	e	in the afterno.
xiii	C	2. sund. aft. tri	Virgo 6	23	f	
xiiii	d	Anthony con.	virgo 20	24	g	● Full mo.
xv	e	Vite and mod	libra 5	25	a	the 22. day at
xvi	f	Tran. Rich.	libra 19	26	b	5. of the clocke
xvii	g	Botulph con.	scorp 4	27	c	in the morn-
xviii	a	Marcu & Mo	scorpi 18	28	d	ning.
xix	b	Nat. Rex Iac.	sagita 2	29	e	Peter Apost.
xx	C	3. sund. aft. tr.	sagit 17	30	f	
xxi	d	Melburge	capri 0	1	g	July 1613.
xxii	e	Alban	capri 14	2	a	
xxiii	f	Terme end.	capri. 27	3	b	
xxiiii	g	John Bapti.	Aqua. 10	4	c	☽ Last quar.
xxv	a	Trau. of Chig	aqua 22	5	d	the 29. day
xxvi	b	John & Paul	pisces 5	6	e	15. min. after
xxvii	C	4. sund. aft. tr	pisces 17	7	f	11. of the clot.
xxviii	d	Leo bish. & C	Pisce. 29	8	g	at night.
xxix	e	Peter Apost.	aries 12	9	a	
xxx	f	Com. of Pau.	Aries 24	10	b	

Iuly hath xxxi daies.

Now in Iuly dogge daies begin,
The Riuers are best to bath in:
Take hot drinkes be not too bolde,
But vse herbes which be moist and cold.

	g	Octa. Io. Ba.	Tau	6	11	c	● New mo. the 7. day 40. min. aft. 5 of the cloche at night.
	a	Assit of Ma.	Ta.	18	12	d	
	b	Transl of Tho	Gem.	0	13	e	
	c	5 sun after tri	Ge.	13	14	f	
	d	Zoe virgin	Gem.	26	15	g	
	e	Octa of Pet.	Ca.	8	16	a	
	f	Martialis.	Ca.	22	17	b	☽ First qua. the 14. day 31. min. after 1. of the cloche in the after noone.
	g	Chilian	leo	5	18	c	
	a	Ciril bishop.	leo	19	19	d	
	b	7. byeth. mart.	virg	3	20	e	
	c	6 sun after tri.	virg	17	21	f	
	d	Sol in Leo.	Lib.	1	22	g	
	e	Margaret	Lib.	16	23	a	
	f	Christoph.	Scor.	0	24	b	
	g	Tran. of Sw.	sco.	15	25	c	James Apo-
	a	Tran. of Osm	Sco	29	26	d	
	b	Kenelm king	Sa.	13	27	e	
	c	7. sun after tr	Sa	27	28	f	○ Full mo. the 21. da. 11 min after 4. of the clock in the afeer noon. August 1613
	d	Dog dales b.	Capr.	10	29	g	
	e	Margret vir.	capr.	23	30	a	
	f	Mare de virgi	Aqua	6	31	b	
	g	Mary Mag d.	aqu.	18	1	c	
	a	Apolin bishop	Pisce.	1	2	d	
	b	Christ Fam.	Pis.	13	3	e	
	c	James Apost.	pisc.	25	4	f	☾ Last qua the 29. day 17. min. after 4. of the cloche in the after- noone.
	d	Ann mo mar.	Arie.	7	5	g	
	e	7 sleepers	Ari.	19	6	a	
	f	Sampson bish	Tau	1	7	b	
	g	Felix & his fel	Tau	13	8	c	
	a	Abbon & Se.	Tau	26	9	d	
	b	German bish.	Gem	8	10	e	

August hath xxxi. daies.

This Month of August take good heede,
For now will many surfets breede:
Let little sleepe thee now content,
If that diseases thou wilt preuent.

i	C	Lammas day	Gemi. 21	11	f		
ii	d	Steuen bish.	Canc. 4	12	g	● Newe	
iii	e	Inuen. Step	cance. 17	13	a	moone the 6.	
iiii	f	Iustine priest	leo 0	14	b	day 25. min.	
v	g	Domicion.	leo 14	15	c	after 3. of the	
vi	a	Transl of Chr	leo 28	16	d	clocke in the	
vii	b	Feast of Jesu	Virgo 12	17	e	morning.	
viii	C	10. sun. afte. tr	virgo 27	18	f		
ix	d	Romanie ma.	libra 11	19	g	☾ First quar	
x	e	Lawrenc mar	libra 26	20	a	the 12. day	
xi	f	Tiburt mar	Scor. 11	21	b	48 minu. af	
xii	g	Clare virgi	Scor. 25	22	c	ter 6. of the	
xiii	a	Solin Virgo	Sagi. 9	23	d	clocke at night	
xiiii	b	Eusebius	Sagi. 23	24	e	Barthol. Apo	
xv	C	Allump. Mar	Capri 7	25	f		
xvi	d	Roth mar.	Capri. 20	26	g		
xvii	e	Oct Lawre.	Aqua. 3	27	a	● Full moo	
xviii	f	Agapite mart	Aqua. 15	28	b	the 20. day	
xix	g	Magnus mart	Aqua. 28	29	c	41. min. after	
xx	a	Lodowick bi	Pisc. 10	30	d	5. of the clock	
xxi	b	Barnard co.	Pisc. 22	31	e	in the morn.	
xxii	C	12. sun. af. tri	Aries 4	1	f	Septe. 1613	
xxiii	d	Timo. Past.	Aries 15	2	g		
xxiiii	e	Barthol Apo.	aries 27	3	a		
xxv	f	Lewes king	tauru 9	4	b	☾ last qur.	
xxvi	g	Dog daie end	tauru 21	5	c	the 28. day	
xxvii	a	Rufus mart	Gemi. 3	6	d	14. min. after	
xxviii	b	Augustine bi.	Gem. 16	7	e	9. of the clock	
xxix	C	Decol. of Joh	gem 28	8	f	in the morn-	
xxx	d	Felix & Aud.	Canc 11	9	g	ing.	
xxxi	e	Cuthburge	Canc 25	10	a		

September hath xxx. daies.

Now maist thou Phisicke safely take,
And bleed and bath for thy healths sake:
Eate Figges, and Grapes, and Spicerie,
For to refresh thy members drie.

i	f	Gilles Abba	leo	8	11	b
ii	g	Anthony mar	leo	22	12	c
iii	a	Gregorie	Virg.	6	13	d
iiii	b	Traul Cut.	virgo	21	14	e
v	c	14. sun. aft. tr	libra	6	15	f
vi	d	Eugenius.	libra.	21	16	g
vii	e	Nat. Q. Eliz.	Scor.	6	17	a
viii	f	Nati. of Mar	Scorp	20	18	b
ix	g	Gorgonius ma	Sagita,	5	19	c
x	a	Proth & Iaci	Sagi.	19	20	d
xi	b	Martian bish.	Capric	3	21	e
xii	c	Sol in Libra.	Capr.	17	22	f
xiii	d	Mauritius bi.	Aquar.	0	23	g
xiiii	e	Exalt crucis	aquar.	13	24	a
xv	f	Ember weeke	aquar	25	25	b
xvi	g	Eufem. vir.	Pisces	7	26	c
xvii	a	Lambert bish	pisces	19	27	d
xviii	b	Victor. & cor	Arier.	1	28	e
xix	c	16. sun. aft. tr	Aries.	13	29	f
xx	d	Eustace Fam.	Aries.	24	30	g
xxi	e	Mathew Ap.	Taur.	6	1	a
xxii	f	Mauricius	taur	18	2	b
xxiii	g	Tecla virg	Gemi.	0	3	c
xxiiii	a	Samuel.	gemi.	12	4	d
xxv	b	Fermin mar	Gemi.	24	5	e
xxvi	c	17. sun. aft. tri	Cancr	7	6	f
xxvii	d	Cosm & Dam	cancr.	19	7	g
xxviii	e	Cruperius bi	Leo.	3	8	a
xxix	f	Michael Ar.	Leo	16	9	b
xxx	g	Hieromy prie	Virgo.	0	10	c

● New moo the 4. day 21 minutes after high noone.

☾ First quar. the 11 day 38. min. after 2. of the clocke in the morning.

Martyrs Ap

● Full moon. the 18. day 22. min. after 9. of the clock at night.

Michael Ar.

Octob 1613

☾ Last quar the 27. day 16. minut. before 1. of the clock in the morning.

October hath xxxi. daies.

This Month hot drinkes and meates be good,
To keepe thy health and nourish thy blood:
Prouide warme cloathes and goe dry,
Thou shalt escape much danger thereby.

i	a	Remigius bi.	Virg.	15	11	d	
ii	b	Leodegarius	Virg.	29	12	e	● Newe
iii	c	18 son, af, tri	libra	14	13	f	moone the 3.
iiii	d	Francis	libra	29	14	g	day 7. min. af-
v	e	Apollina bish.	Scor.	14	15	a	ter 9. of the
vi	f	Faith virgin	Scor	29	16	b	clocke at mgh.
vii	g	Mart. & mar.	Sagit	14	17	c	
viii	a	Pelagi vir.	sagit.	28	18	d	Luke Euang.
ix	b	Terme trin.	Capr.	12	19	e	☽ First qu.
x	c	19. sun. aft. tr	Cap.	26	20	f	the 10. da. 43
xi	d	Nicasius	Aqua.	9	21	g	min. after. 1. of
xii	e	Willi tide bish.	Aqua.	22	22	a	the clocke in
xiii	f	Sol in Scorp.	Pisces	4	23	b	the afternoon.
xiiii	g	Calixtus	Pisces	16	24	c	● Full mo.
xv	a	Wolfran bish	pisces	28	25	d	☽ 18 day. 58.
xvi	b	Wicha, modu	Aries	10	26	e	m. aft. 2. of the
xvii	c	20. sun. af. tri.	aries	22	27	f	cl. in the aft. n.
xviii	d	Luke Euang.	Taurus.	4	28	g	Simon & Iu.
xix	e	Frideswine	Taur.	15	29	a	
xx	f	Austroburt	Taur.	27	3	b	
xxi	g	Vrsula virgi	Gemi	9	31	c	
xxii	a	Mary Salom	gemi.	21	1	d	Anno. 1613.
xxiii	b	Roman bish	canc.	3	2	e	
xxiiii	c	21 son, af, tri	cancr.	25	3	f	☾ Last qua.
xxv	d	Crisp. & Cri.	cancr.	28	4	g	the 26. da. 28
xxvi	e	Evtrart	leo	11	5	a	minn. after 2.
xxvii	f	Flozens Fab.	leo	25	6	b	of the clock in
xxviii	g	Simon & Iu.	Virg	9	7	c	the afternoon.
xxix	a	Marcel. bish	Virg	23	8	d	
xxx	b	Germā bish	Libra	8	n 9	e	
xxxi	c	Quintine	Libra	23	10	f	

Now maist thou drinke sweet wines freely
And vse good mirth and companie:
Abstaine from wrath and all enuie,
And vse thy brethren charitably.

d	All Saints.	scorp	8	11	g	●	Newe
e	All soules.	scorp	23	12	a		moo the 2. da
f	Menefride	sagit	3	13	b		24. min. after
g	Amantius	sagit	22	14	c		6. of the clock
a	Papilis con.	Capri	7	15	d		in the mornı.
b	Leonard ab.	Capri	21	16	e		
C	23. sun. aft. tr	Aqua	4	17	f	☽	First qu.
d	4. crowned	Aqua	17	18	g		the 9. day 19
e	Theodore ma	pisce	0	19	a		min. after 5.
f	Paterni	pisce	13	20	b		of the clocke
g	Martin	pisces	25	21	c		in the morni.
a	Sol in Sagita.	Aries	7	22	d		
b	Brice bish.	Ari	19	23	e	●	Full
C	24. sun. aft. tr	Tau	1	24	f		moo the 17.
d	Nacut bish.	Tau	13	25	g		day 23. min
e	Depos. Edm.	Tau	23	26	a		after 9. of the
f	Hugh bishop	Gem	6	27	b		clocke in the
g	Octa mart.	Gem	18	28	c		forenoone.
a	Elizabeth	Canc	0	29	d		
b	Edmund kin.	Canc	12	30	e		Andrew Apo.
C	25. sun. aft tr	Canc	25	1	f		Dece. 1613.
d	Cicelie virg.	Leo	8	2	g		
e	Clement bish.	Leo	21	3	a	☾	Last qua.
f	Grisogon ma.	Virg	5	4	b		the 25. day
g	Katheri. vir.	Virg	19	5	c		51. min. after
a	Linus bishop	Libra	3	6	d		1. of the clock
b	Terme ends.	Libra	17	7	e		in the morning
C	Aduent sun.	scorp	2	8	f		
d	wed goe out	scorp	17	9	g		
e	Andrew apo.	sagi	2	10	a		

December hath xxxi. daies.

This Month as I doe now remember,
The twenty fiue of this December:
Our Sauiour Christ was borne that day,
That we might praise his name alway.

i	f	Eligius bish	Sagit.	16	11	b	● New
ii	g	Lop bishop	Capri.	1	12	c	moone the 1
iii	a	Libanus	Capri	15	13	d	day 5 2. minu
iiii	b	Barbara virg	capric	29	14	e	after 4. of the
v	c	2. sund. in. ad	Aquar	12	15	f	clocke in the
vi	d	Nicho. bish.	aquar	25	16	g	after noone.
vii	e	Octa. And.	pisces	8	17	a	☾ First qu
viii	f	conce. of Ma,	pisces	21	18	b	the 8. day, 58
ix	g	Joachim.	aries	3	19	c	minu. after 11
x	a	Eulalie virgi	aries	15	20	d	of the clocke
xi	b	Sol in Capri.	aries	27	21	e	at night.
xii	c	3. sund. in. ad	Taur	9	22	f	● Full
xiii	d	Lucie virgi.	taurus	21	23	g	moone the 17
xiiii	e	Othoile vir.	Gemin	3	24	a	day 11. min.
xv	f	Ember wike	gemin	15	25	b	Christmas d.
xvi	g	Osapientia	gemi.	27	26	c	S. Stephen.
xvii	a	Lazarus bisho	Canc	10	27	d	S. John.
xviii	b	Gratianus	cancr	22	28	e	Innocents d
xix	c	4. sun. in Ad.	Leo	5	29	f	after 3. of the
xx	d	Iulian Fast.	leo	18	30	g	clocke in the
xxi	e	Thom Apo.	virgo	1	31	a	morning.
xxii	f	30 martyrs	Virg	15	1	b	Janua. 1614
xxiii	g	Victor virg	virgo	29	2	c	☾ Last quar.
xxiiii	a	Adam & Eue	Libra	19	3	d	the 24. day a
xxv	b	Christmas d.	Libra	28	4	e	bout 11 of
xxvi	c	S. Stephen.	Scor.	12	5	f	clocke in the
xxvii	d	S. John.	scorpi	27	6	g	forenoone.
xxviii	e	Innocents d.	Sagit.	11	7	a	● New
xxix	f	Thomas Bec	sagita	26	8	b	the 31. d. 56
xxx	g	Dauid	Capri.	10	9	c	mi. aft. 4. of
xxxi	a	Siluester bi.	Capri.	23	10	d	clo. in the mo.

Neue. 1613.

A Prognostication seruing for the yeare of our Lord God and Saui-our Iesus Christ, 1613.

Wherin you may beholde and obserue, the grounds of the alteration and condition of the foure quarters of this yeare, and also the estate and disposition of the ayre, for each seuerall mon. acording vnto the inclination of the Celestiall bodyes, with the change of the Moone, and other necessary obseruations, conuenient in such a worke to be noted.

Calculated, and especially referred, to the longitude and Elevation of the Pole Article, of the famous towne of great Yarmouth, in Norfolke, and may serue indifferently for all England.

By Ieffery Neue. Practicioner in Phisick and Chirurgery.

A necessary rule to know the beginning and ending of euery Tearme, with their Returnes.

¶ Hillarie Terme beginneth the 23. daie of January, and endeth the 12. of Febzuary, & hath foure returnes.

Octabis Hillarij. } { Crastino Purifica.
Quind. Hillarij. } { Octabis Purifica.

¶ Easter Terme beginneth 17. daies after Easter, and endeth the Sunday next after Assention day. And hath fiue Returnes, that is to say.

Quind. paschæ. } Mense paschæ. { Quinque paschæ.
Tres paschæ. } { Crasti Ascention.

¶ Trinitie Terme beginneth the Friday next after Trinity Sunday, and endeth the Wednesday fortnight after. And hath foure Returnes, that is to say.

Crasti Trinitatis. } { Quind. trinitatis.
Octabis Trinitatis. } { Tres trinitatis.

¶ Michaelmas Terme beginneth the 9. day of October, and endeth the 28. of Nouember. And hath 8. Returnes, that is to say.

{ Octabis Michael. } { Crast. Animarum. }
{ Quind. Michael. } { Crast. Martinij. }
{ Tres Michael. } { Octabis Martinij. }
{ Mense Michael. } { Quind. Martinij. }

¶ Note also that the Exchequer openeth eight daies before any Tearme beginne, except Trinity Tearme, which it openeth foure daies before.

¶ On these dayes following, the Iudges sit not at Westminster.

In { Hillary / Easter / Trinity / Michaelmas. } Terme, on { Candlemas / Assention / Midsomer / Holland } day

Certaine profitable Rules and briefe obſeruations, concerning Husbandrie.

The beſt time to ſow all kinde of Corne is, when the moone goeth her courſe in Cancer.

The beſt time to plant and Grafft, when the moone is in a fixed ſigne, eſpecially in Taurus, Aquarius, or in the increaſe of the moone, which is betweene the change and the full.

To ſet or ſow all kind of ſeeds, the moone being well aſpected in Aries, Taurus, Cancer, Virgo, Libra, Capricornus, Aquarius, or Piſces.

Fell Timber to build withall, when the moone is towards the laſt quarter, ſhee being then in Aquarius, or Piſces.

Crop trees and fell wood to burne, that the ſtocks may ſhoote better and ſooner grow again, when the moon is in the laſt quarter.

Remoue and ſet young trees in the laſt quarter of the Moone, in Taurus or Capricornus, and that in the moneths of September, October, Nouember, and Februarie.

The beſt time to geld Cattell, the moone in Aries, Sagittarius, or Capricornus.

The beſt time to cut Vines, is in February, or March, the moone increaſing, in Taurus, Virgo, or Libra.

The beſt time to ſheare ſheep, is in the increaſing of the Moone, and that is from the change to the full.

To cut haire, that it may the ſooner grow againe, the moone increaſing, in Taurus Virgo, or Libra.

To mucke your land, that the weedes may not growe ſo rankly, is in the decreaſing of the Moone, that is, from the full to the change.

¶ Briefe Rules and necessary Obseruations, concerning Bleeding, Bathing, Purging, and Sweating, according to the motions of the Moone.

When the weather is either extreamly hot or cold, it is not then conuenient, either to let blood or to purge, vnlesse some great necessity do require it: yet notwithstanding if this bloud-letting be for the Phrenzy, the Apoplexie, for a continuall head-ach proceeding of choller or blood, or for any hot burning Feauer, or other extreame paine, a man in such a case, may not tarry a chosen time, because the patient might miscary in the mean season. But in this foresaid case of extreamity, bloud is not to be let in such quantity as otherwise it wold, if a chosen time might conueniently be expected.

The best time to let the Phlegmaticke bloud, is when the moone is in Aries, or Sagitarius, the head and thighs excepted.

For the Melancholy, the moone being in Libra, or Aquarius, the Buttocks and legs excepted.

For the Chollericke, the moone being in Cancer, Scorpio, or Pisces, the breast and feete excepted.

For the Sanguine, all be good which before is named.

In the Spring time let blood at the right side.

In harueſt time let blood at the left side.

For Purging.

In Purging three fiue thinges ought to be knowne.

1. The Humor which abounderh.
2. The way best to auoid it.
3. The strength of the person.
4. The manner of the sickneſſe.
5. The force and nature of the medicine.

For when these things are not considered & obserued many perilous accedentes may followe, and greatly grieue and hurt the body.

Good Signes for Purging generally, are Cancer, Scorpius, and Pisces.

Bar-

Particularly, as with potions or drinks, in Scor.
Purge with Electuaries, the Moone being in Cancer.
Purge with Pilles, the moone being in Pisces.
Take Preparatiues, the moon in gem. libra or aquarius
Take vomits, the moone in Aries, tau. Capricornus.
Take Gargarises, the moone in Aries, Cancer, or Cap.
Take Glisters, the moone in Libra or Scorpio.
To prouoke Neesings, the moone in Cancer, Leo, or ♎.
To stop Fluxes, Rheumes, and Laxes, the Moon being in Taurus, Virgo, or Capricornus.
Good to comfort the vertue Attractiue, the moone in Aries, Leo, Sagittarius.
Good to comfort the vertue Digestiue, the moone in Gemini, Libra, or Aquarius.
Good to comfort the vertue retentiue, the Moone in Taurus, Virgo, Capricorne.
Good to comfort the vertue expulsiue, the Moone in Cancer, Scorpio, and Pisces.
For vsing of vnguents or plaisters, it is best applyed when the moone is in that signe which gouerneth ye same member or part of the body, to which it is applyable.

For Bathing.

Bathings are commonly vsed rather for pleasure then for profit, especially where hot houses are ouer-much haunted: but I mind not to speake of them in this place, otherwise then to aduertise those that tender their owne health, to be wary & circumspect in resorting vnto them, without iust cause, and immediatly after, or with such persons as be vncleane. Know, that it is not good to Bath, when the moone is in the earthly signes, as in Taurus, Virgo, and Capricornus. The reason is, because they are of a cold and dry nature, and the nature of cold, is to restraine & bind: And so the moone being in these signes, the pores of the body are closed and shut so that there can be no resolution of humors and superfluities, which by bathing ought to be auoyded.

But in the fiery signes, as when the moon is in Aries, Leo, and Sagitarius, then it is a good time for bathing, for then the body is apt to resolution, for it is the Nature of heat, to open and resolue.

It is best bathing two or three dayes after the change, and at the full of the moone, for then the superfluities are ripe and ready to auoyde, and disposed to flow and passe out: which indeed is the very end and vse of bathing.

If any will enter into Bath, onely for cleannesse sake, let the moone be in Libra or Pisces.

Further, if bathing be vsed for health, let the party grieued, learne of the wise Phisition, whether his sickenesse hath need of mollifying or drying: for if it do require mollifying, as in Phthisis, and such like, then let him Bath in watery signes, hauing good aspects of Iupiter and Venus. But if the sickenesse require drying, as in Paralisis, and the like, then let him bath the Moone being in fery signes, hauing good aspects of Mars and Sol.

Also before ye enter into any bath, your body must be purged, for if a man go in vnprepared and vnpurged, peraduenture he may be worse after, then before.

The best time of the yeare to bath in, is in the Spring and Harueſt, and in them, the monthes of May and September. The best time of the day to goe into the Bath, is an houre after the Sun rising at the least, alwaies prouided, that ye must bathe either an houre or halfe an houre before, and haue a stoole either by Nature, or by Art. Ye must couer your head well so long as ye be in the Bath, & beware that you drinke no cold drinke, though ye be neuer thirsty, but forbeare all things that are cold, least when ye are hot within, the cold strike suddenly into some principall member, and so hurt you.

The time of tarrying in the Bath, is commonly one houre, but it may be more or lesse, according to the nature of the Bath, or sickenesse of the party, at the discretion of the good Phisition.

For Sweatings.

Sweatings, as they are of two sorts, that is to say, naturall and artificiall: so they are vsed for two ends and purposes. The naturall sweat, if good heede be taken in opening the pores, will dissolue grosse and thicke humours, will cleanse the blood, will comfort the Spirits, will put away colde, will consume raw humours, quench and quench raging Feuers, will help nummesse, and the

Dropsie. The Artificiall sweat, will cleanse scabs, put away the itch, amend the dulnesse in hearing, ease the stone, resolue congealed and colde melancholly bloud, and humors, &c. But for the better performing and effectuall working in these cases, the counsell of the learned Physitian is to be desired and vsed.

The best and meetest signes to sweat in, are Leo, Aries, and Sagitarius, and that two or three daies after the change, and at the full of the Moone. And note, that sweating, it is better to be done at ỳ euening then in the morning: for when the body hath nourishment within, the spirites shall not vtterly be drawne forth to the streame parts. Note further, that leane and dry folkes & feeble persons, must sweat little, for it will hurt them much: But fat folkes may sweat well, and it will help them much.

¶ A Description of the foure quarters of this yeare of our Lord God. 1613.

¶ Of Winter.

WInter (which is the chiefe Capitall for the Spring, the disgrace of Summer, and the deep deuourer of the fruitfull harueſt) began to take his effects (according to our vsuall Computation) the 11 of December, in the yeare aforegoing, at the first entring of the sunne into the first minute of the signe Capricorne, at which time the Sunne shall bee at his greatest South declination from the equinoctiall line, so that hee riseth South-east, and setteth South-west. Now is the Hyemall or Winter Solstice, for the sunne is so farre remoued from our Zenith or verticall point, that he can decline no further, and standeth at a stop and stay, and euen then is the shortest day and longest night in the yeare: and so this winter quarter doth continue vnto the tenth of March next ensuing.

Touching the inclination and disposition of the weether. This quarter, as I gather, will not varry much from the naturall qualitie, especially for cold windes, and some boysterous stormes, noysome and hurtfull to Men and Cattell, &c.

This season is by nature cold and moyst, vnpleasaunt for the most part to trauellers, eyther by land or sea, and vnto aged persons it is verie cumberous and noysome, causing superfluity of rawnesse, and abundance of colde moistnesse to ouerflow their bodies, to their great trouble and disquietnesse, &c.

The diseases or sicknesses of this season, will be diuers Agues, many extraordinary accidents in the head distempering the senses; many troubled with hoarsenesse, the cough, and stopping in the lungs & pipes, singing in the head, paine in the ears, teeth, and throat, Palsies, cramps, and numnesse of the members, the chollick, Ifliacke passion, very in those that are subiect vnto them.

Of the Spring.

The Sunne (which is the eye of the world, the fountaine of light, and the chiefe moderator of all the rest of the lights) hath like a Gyant run his race, and finished his reuolution (Gradaum) throughout the 12. signes, and now beginneth his iourney afresh againe, & goeth an euen course, and so becomes an indifferent Arbiter betweene the day and the night, and maketh an equality throughout his whole gouernment, to the great ioy and comfort of all his reuiued Subiectes, chearing with his splendant countenance, the poore afflicted weatherworne weeds of this our darke starre of mortallity (which the darkened countenance of the winters extreamitie, hadde almost subdued) with his most excellent presence, whereat the earth begins to smile and to put on her new apparell, the flourishing liuery of fresh Flora. Whose liberal proceedings, will not be much hindred with any extraordinary distemperature, but rather continue in a reasonable condition, little disagreeing from the naturall quality, to the great ioy and comfort of all sortes of budding, blooming, and sprouting things.

This season is naturally hot and moist, the most temperate time in all the yeare, and the least breeder of sicknesse, that doth procure death, and a conuenient time for the remouing of sicknesses and griefs gotten before, and also to auoyd and preuent those that are to come, for now the dull sences and Spirites of Men and other creatures are quickned and reuiued, and therefore the humors which do abound and are ready to represse nature, are readyest to be emptied and auoyded, whether by blood-letting, purging, or otherwise, as the learned Phisition shall aduise, and as the cause of the disease shall require: Such therefore as are diseased, let them not neglect this time.

The griefes like to assault and afflict mens bodies this Spring, are supposed to be wandering Feauers, Byles, swellings, Morphewes, Frenzies, paine in the head and eyes, Aches in the Joynts, Scaps Itch, Inflamations of the Liuer, Plurisies, Pestilent Feuers, Impostumes, Measels, Gouts, Vlcers, rottennesse, and putrifactions, that may spring of corrupt blood and choller, and such like. The Lord of his goodnesse keepe from vs, Amen.

Of the Summer.

Summer, the third part of our vulgar year, according to our vsual Computation, beginneth now when the sunne hath fully dermined the Spring time, with the first Grade of Gemini, and hath mounted in his motion to the highest point of his course: Namelie, to the first degree of Cancer, which will bee this yeare the eleauenth of June, beeing Fryday, and Saint Barnabes day. Now is the second Solstice of the yeare, called the Estiuall or summer Solstice: for euen as the sunne when he entered into Capricorn, hath his greatest south declination from the Equinoctiall line: so now at his ingresse into the beginning of Cancer, he hath his greatest declination towards the North, from the said Equinoctial line. And euen then as at the time of the winter Solstice, hee was so farre remooued from our vertical point, that he could mouue no further towardes the south, and was therefore in approach againe towardes our North Latitude, at which time hee seemeth to stand: so now being come so

peare our Zenith, that hee cannot moone no further to wards the North, and is therefore to reuert againe towardes the south Latitude, at his first going from vs hee seemeth also to stand: Insomuch, that euen as before at his returne towardes vs, hee made both the shortest day and longest night in the yeare: so now at his returne from vs, hee maketh contrariwise, the longest day and shortest night in the yeare, and afterwardes declineth daily more and more from vs, like as before hee moued more and more towards vs.

This season, according to his propper Nature, is hot and dry, turning the humors of mens bodies from coldnesse and moisture, into hotnesse and drinesse, resembling the element of fire, and complexion of Choller, bringing all Fruits to their ripenesse, Cattle to their fatnesse, and men to their wealth.

Touching the inclination of the weather, I gather that it will not much disagree from the naturall quality. The infirmities of this season are likely to be hot burning Feuers, vomitings, yellow Iaundise, head-ach, diuers inflamations, immoderate sweates, hot Impostumes, and such other, proceeding of hot cholericke humours, &c.

Of the last quarter called Autumne.

AUtumne (according to our accustomed Computation) the last quarter of this yeare, beginneth at the Sunnes departure from the last scruple of Virgo, into the first degree of the second Equinoctiall signe Libra, which will be this yeare, vpon the 12. day of September being Sunday, the day and night beeing of an equall length as in the spring: At which time is the Autumnal Equinoctiall, for euen as at the Sunnes entrance into Aries, the day by increasing from the Winter Solstice, till then came to be equall with the night, going on still more and more til the Summer Solstice, when was the longest day and shortest night: so now, the night by increasing from the Estiuall Solstice, to this the Sunnes ingredience into Libra, hath got to bee equall with the day, and shall increase more and more till the Brumall Solstice came againe, when the night is longest and the day shortest. And this time of the yeare is of it selfe hu-

constant and variable, warme in the day time, and cold in the night.

As concerning the state of the weather for this season, I thinke it will be subiect to lofty winds, and very many stormes, vnconstant for trauellers, eyther by land or sea. Diseases that will bee incident vnto this vnconstant quarter, are wandring Agues, oppilations of the spleen, blacke Iaundies, Hemeroides, Dropsies, Goutes, obstructions in the Bladder, Pallio Ilica, Collica, and Nephritica, Pallies, falling sickenes, stuffings, and shortnes of breath, ach and lamenesse in the Bones, with many other diseases, which the Lord of his mercy turne from his elect.

¶ *A declaration of the inclination and disposition* of the weather and winds, according to the diuers motions and influences, of the Erraticall and fixed starres: with the day, houre, and minute of the change of the Moone, her full, and quarters: and also of the rising & setting of the Sun, in euery seauenth day of euery month of this yeare of our Lord God. 1613.

¶ Of Ianuary.

Day	The sunne riseth.	The sunne setteth.
1	houre 8 and 3 minuts	houre 3 and 57 minuts.
7	houre 7 and 56 minuts	houre 4 and 4 minuts.
14	houre 7 and 46 minuts	houre 4 and 14 minuts.
21	houre 7 and 34 minuts	houre 4 and 26 minuts.
28	houre 7 and 23 minuts	houre 4 and 37 minuts.

Last quarter the 3. day, 36. minuts after one of the clock in the afternoon, inclined to wind and stormy moysture. New moon the 10 day, 27. minuts before nine of the clock at night, cold and cloudy.

First quarter the 19 day, 18. minuts after one of the clocke in the morning, winterly weather.

Full moone the 26 day, 35. minuts after seauen of the

A Prognostication:

Ianuaries Abstract.

In this Month of January let not bloud, neither bie but little Whitlicke, except necessity constraine thee, and beware of taking cold, for in this month, Rheumes and Fleume do much increase, to fast long is hurtfull, but to drinke White-wine fasting is good and wholesome, bie meates that are naturally hot, moderately, and weare warme cleathe.

In worldly business this month you may set all kind of common fruit-trees, as Pears, Plums, Cherries, Filberd, walnut, and such like, Haw-thornes, and all sortes of quicke-sets, trees, or Plants, are fittest to be set, generally from the change to the first quarter.

Take away the Mosse and superfluous branches from your trees, & this month it is good to set Beanes, peale, Parsneps, Radish, Leekes, Garlike, Turneps, and Onions, if the weather be milde, and the moone past her ful. You may begin to Grafte at the ende of this month, so as the moone be increasing in her light.

Good husbands also this month, crop their Trees, fell Timber, and geld their Cattell, such as must be gelded, the state of the moone alwaies considered.

¶ Of February.

Day	The Sun riseth.	The Sun setteth.
1	hou. 7 and 13 min.	houre 4 and 47 min.
7	hour 7 and 4 min.	houre 4 and 56 min.
14	hou. 6 and 50 min.	houre 5 and 10 min.
21	hou. 6 and 34 min.	houre 5. and 26 min.
28	hou. 6 and 22 min.	houre 5 and 38 min.

Last quarter, the first day, 24 minuts after 10. of the clock at night, subiect to stormy weather.

New moon the 9. day, about three of the clocke in the afternoone, a mopst and inconstant change.

First quarter the 17 day, 49 minuts after six of the clock at night, windy and stormy weather.

Full moone the 24. day, halfe an houre after five of the clock at night, rustling winds.

Februaries Abstract.

In this moneth of Februarie, all slimy Fish, Milke, Rice, and such like, that doe oppilate or stop the Liuer and Bannes, or thicken the blood, are to be eschewed as enimies to health: also yet forbeare Phisicke and letting of blood, except great necessity do constraine it, and learned counsell so aduise it. Beware of taking cold, for now are Agues apt to be taken, and it is very ill to take heats, and afterwards sodaine cold vpon them.

In this month, is the most aptest time to graft, to plant, and to set all kind of trees and bushes, the Winde & weather, and age of the moone afore-hand considered. Pease, Beanes, Hastings, Onions, Parsneps, and such like, as in Januarie, may very fitly bee set in the Wane of the Moone. The time is now to trim vp Gardens, to set and sow all kindes of Kitchen hearbs, to set slips, and to sow Kernels, to sow Mullerdseed and Dates, to set Hops and Vines, and to cut and proine them, and to sticke vp your rounctuall Pease and Hastings.

¶ Of March.

Day	The Sun riseth.	The Sun setteth.
1.	hou. 6 and 20 min.	houre 5 and 40 min.
7	hou. 6 and 8 minut	houre 5 and 52 min.
14	hou. 5 and 54 min.	houre 5 and 6 min.
21	hour 5 and 40 min.	houre 6 and 20 min.
28	hour 5 and 26 min.	hour 6 and 24 min.

Last quarter the 3 day, halfe an houre after nine of the clocke in the forenoone, windy and baconstant.

New moone the 11 day, 53. minuts after 8 of of the clocke in the forenoone, ouercasting clouds for moisture.

First quarter the 19 day, 47. minuts after nine of the clocke in the morning, some shewers.

Full moone the 26. day, 37. minuts after two of the clocke in the morning, inclined to ouercasting clouds.

Marches Abstract.

In this Moneth of March, the humours of mans

mans body begin to increase: and nowe grosse feeding breedeth grosse blood and grosse humors: and therefore vse meats of good digestion, & such as breed good iuyce. It is a good time to purge and clarifie the blood, by Potions, Bathings, and Blood-letting, or such other waies, as the learned Phisition shal appoint, and as the cause of the disease shal require. Now also sweet meats and drinkes are commendable.

The time of grafting as yet indureth together, with setting, sowing, proining, and plashing, of Vines, Hoppes, Willowes, Dates, Fielde-pease, Onions, and Parsneps, and such like, &c.

¶ Of Aprill.

Day	The Sun riseth.	The Sun setteth.
1	hou. 5 and 18 min.	houre 6 and 42 min.
7	hour 5 and 6 min.	houre 6 and 54 min.
14	hou. 4 and 54 min.	houre 7 and 6 min.
21	hou. 4 and 39 min.	houre 7 and 21 min.
28	hou. 4 and 29 min.	hour 7 and 31. min.

Last quarter the 1. day, 47 minuts after ten of the clock at night, cloudy and windy.

New Moone the tenth day, 58 minuts after one of the clocke in the morning, fitting the season.

First quarter the 17 day, 42 minuts after eyght of the clocke at night, somewhat vnconstant.

Full moon the 24 day, 58 minuts after 10. of the clocke in the forenoone, some Aprill shewers.

Aprils Abstract.

In this Month of Aprill, the pores of men are opened, and are apt to receiue Phisicke: and they that now refuse the same, I commit them

to

to the benifite of Nature, for of all times of the yere, this is the best time to prevent causes of sicknesses, or for speedy remedie in extreamities: for now nature her selfe doth renew strength through all the body. So where sickenesse happeneth, shes soone unburdeneth by the meanes of Phisicke: wherefore what it cannot doe now, hereafter it will hardly be done, therefore take time whilst time is, &c.

As yet you may graft and proine Vines, also set Melons, Cowcumbers, Citrons, Hartichokes, and pole up Hops, sow Barley, Tanners apply themselues to Barking of trees, &c.

¶ Of May.

Day	The Sun riseth.	The Sun setteth.
1	hou. 4 and 23 min.	hour 7 and 37 min.
7	hou. 4 and 15 min.	hour 7 and 45 min.
14	hou. 4 and 5 min.	hour 7 and 55 min.
21	hou. 3 and 56 min.	houre 8 and 4 min.
28	hou. 3 and 50. min.	hour 8 and 10 min.

Last quarter the first day 42, minutes after one of the clocke in afternoone, overcasting clouds.

New moone the 9 day 17 minuts after five of the clocke at night, pleasant weather.

The first quarter the 17. day, 18 minuts after foure of the clocke in the morning, apt for the time.

Ful moone the 23. day, halfe an hour after 7. of the clock at night, faire and pleasant.

Last quarter the 31. day, about five of the clocke in the morning, windy and unconstant.

Mayes Abstract.

In this month of May rise early, for May dooth not love no sluggards. And let such as be in health and ease, walke into the fieldes, and to eate and drinke after their

bettmes is wholesome: abstain from meats as be hot of nature. And for such as be sicke, it is a very good time to be let blood, or to take Phisicke. Such as bee whole, God kepe them in health: and such as bee sicke, God send them good Phisitians and Phisicke.

The time fitting now to sow Basill, Marierome, & such fine seedes, as before might not bee sowne, because of the coldnesse of the weather. Set Sage according to the proverb, set Sage in May, and it will last alway. Sow flax and Hemp, set Hartichokes, weede your Hops and Gardens, see to your Grafts, that no superfluous branches trouble them, May dew Rosemary flowers, and Beane flowers, may at your pleasure be distilled this month, and now also haue a care of watching your Bees.

¶ Of Iune.

Day	The sunne riseth.	The sunne setteth.
1	howre 3. and 49. min.	howre 8 and 11 minuts.
7	howre 3. and 46. min.	howre 8 and 14 minuts.
14	howre 3. and 47. min.	howre 8 and 13 minuts.
21	howre 3. and 49. min.	howre 8 and 11 minuts.
28	howre 3. and 52. min.	howre 8 and 8 minuts.

New moone the eight day, halfe an houre after six of the clocke in the morning, windy and faire.

First quarter the 15. day, 21. minuts after nine of the clocke in the forenoone, hot weather.

Full moone the 22 day, at fiue of the clocke in the morning, faire and pleasant.

Last quarter the 29. day. 15 minuts after 11. of the clocke at night, fitting the season.

Iunes Abstract.

In this Moneth of June, if thou must needes vse Phisicke, take it early in the Morning, that it may haue wrought before the heate of the day: and vse a light or thinne diet, for the stomacke is not now so able to digest as in winter, or some other of the former Monthes. It is very

good

good and conuenient for some to drinke clarified Whay, boyled with cold Hearbes, and to abstaine from violent exercises.

Distilling of Roses, making Syrrops and conserues are now in the prime. Now gather such hearbs as you meane to keepe all the yeare, but be sure you dry them in the shade. Good Husbands and huswiues, are now weeding of the Corne & Gardens, others shearing their sheep. The times serues to set Rosemary and Gillowflowers. Take heede now of cutting of either hedge, tree, or herbs, with knife, but rather gather them with your fingers. Now may you set Saffron, carry out compost, make Hay, rid Gardens of Snales, Ants, or Pismires, &c.

¶ Of Iuly.

Day	The Sun riseth.	The Sun setteth.
1	hou. 3 and 54 min.	houre 8 and 6 min.
7	hou. 3 and 59 min.	houre 8 and 1 min.
14	hou. 4 and 7 minut	houre 7 and 53 min.
21	hour 4 and 20 min.	houre 7 and 40 min.
28	hour 4 and 30 min.	houre 7 and 30 min.

New moone the seauenth day, 40 minuts after fiue of the clocke at night, inclined to raine.

First quarter the 14 day, 31 minuts after one of the clock in the morning, ouercasting clouds.

Full moon the 21 day, 11. minuts after foure of the clocke in the after-noone, sultry hot.

The last quarter the 29. day, 27 minuts after four of the clock in the afternoon, many white dispierced clouds.

Iulies Abstract.

In this month of July, vse cold hearbs, and cold meats, abstain no great thirst, for feare of breeding of Agues and Pestilence, abstaine from Phisicke and extreame exercises. And now the Riuers are more wholesome then the Baths. Let the Sunne be vp before you walke abroade, and take heed of filthy gutters, and stinking lanes. In the time of any plague or pestilence, keep your chamber with-

bowes close shut, aswell all nights, as also in close, foggy, and moist daies opening them when the sun hath force of shining, and bee sure to perfume your Chambers euery euening, with Mastick or Frankinsence, or with Tarre put vpon a Chasing-dish of Coales, then which nothing is better, and let them vse Cardous Benedictus, boyled and drunke fasting.

May harueſt now calleth slacke husbands to worke, and such as haue leisure, it is good to fallow for wheat, and to carry out sotle, and to gather seeds and flowers to keepe all the year, and to dry the flowers in the shade, till they be almost dry, and then set them a while to the sun, that they mould not: and in like manner may you vse your hearbs.

¶ Of August.

Day	The Sun riseth.	The Sun setteth.
1	hou. 4 and 36 min.	houre 7 and 24 min.
7	hou. 4 and 48 min.	houre 7 and 12 min.
14	hour. 5 and 0 min.	houre 7 and 0 min.
21	hou. 5 and 16 min.	hour 6 and 44 min.
28	hou. 5 and 27 min.	hour 6 and 33 min.

New moone the 6 day, 25 minuts after 3. of the clocke in the morning, apt for the season.

First quarter the 12. day, 48. minuts after sixe of the clocke at night, inclined to ouercasting Clouds.

Full Moone the 20 day, 41 minuts after 5. of the clocke in the morning windy and vnconstant.

Last quarter the 28 day, 14 minuts after 9. of the clock in the forenoone, subiect to some storme.

Augusts Abstract.

In August moderate diet is good Phisicke, for now it is very dangerous to surfeit: and take good heede of heates and then colds, for nothing sooner engendereth Plurisies. And vse not to sleepe much, and especially after noone, for making Opilations, and for anoyding of Agues, and the Headach, and Cathares. And let a man abstaine from phisick this month, except great necessity compell him.

Now Lady Ceres lookes to haue men enough to attend vpon her, and he that wil not now bestir him to gather in Wheat, is well worthy to eate browne Bread at Christmas. They that would haue good seeds for their Garden the next year must now gather of their own, least in buying abroad, they loose both their mony, fruit, and labour. And such as desire to haue Lettice, or other Herbes for winter, may commit seeds to the earth now in the increase of the Moone.

¶ Of September.

Day	The sunne riseth.	The sunne setteth.
1	howre 5 and 34 minu.	howre 6 and 26 minutes
7	howre 5 and 46 minu.	howre 6 and 14 minutes
14	howre 6 and 2 minuts	howre 5 and 58 minutes
21	howre 6 and 16 minu.	howre 5 and 46 minutes
28	howre 6 and 28 minu.	howre 5 and 32 minutes

New Moone the 4. day, 21 minuts after high noone, some stormes to be expected.

First quarter the 11 day, 38 minutes after two of the clocke in the Morning, windy and cloudy.

Full moone the 18 day, 22 minuts after nine of the clock at night, reasonable good weather.

Last quarter the 27 day, 16 minutes before one of the clocke in the morning, some fall of moysture.

Septembers Abstract.

In this month of September, such as haue need may safely take Physicke, and also may bath and bleede. In this month all things are in their proper vertue. And such fruits as are ripe, and not infected, are good to eat, for such as haue good stomacks.

The time is good to make conserues of Barberies and Quinces, Winter hearbs must be now sowne: likewise is the time to set Hartichokes, Rose-trees, Apples, Pears, Wardens, Strawburies, Violets, Gilowflowers. Apples are to be gathered at the full of the moon, sow Parsneps, and in dry weather gather your Hops. Good husbandry is sowing Rie and Wheat, and good huswiuery is making of Meruyce, and plucking of Hemp, &c.

A Prognostication.

¶ Of October.

Day	The sunne riseth.	The sunne setteth.
1	howre 6 and 34 minu.	hovvre 5 and 26 munuts
7	howre 6 and 46 minu.	hovvre 5 and 14 minuts
14	hovvre 7 and 0 minuts	hovvre 4 and 0 minutes
21	hovvre 7 and 15 minu.	hovvre 4 and 45 minuts
28	hovvre 7 and 26 minu.	hovvre 4 and 34 minuts

New Moone the 3. day, 7 minuts after 9 of the clocke at night, mutable and vncertaine.

First quarter the 10 day, 43. minuts after one of the clock in the after-noone, cloudy and windy.

Full Moone the 18 day, 58 minutes after two of the clocke in the afternoone, answerable to the season.

Last quarter the 26 day, 28 minuts after 2 of the clock in the after-noone, seasonable weather.

Octobers Abstract.

In this month of October, thou mayst take Phisicke, and also bleed and bath if occasion serue, vse hot meates, and drinke any good wholesome wines to nourish good blood: and beware of taking colde, because the Quartaine Ague will be apt to be taken, and such other dangerous diseases.

Remoue young Trees, as Apples, Peares, Quinces, Roses, &c. Set Pease, Parsneps, &c.

Good Husbands need not be hasted to sowing of wheat, set Nuts, Acornes, and Filberds, and to doing of such good husbandry.

¶ Of Nouember.

Day	The sunne riseth.	The sunne setteth.
1	hovvre 7 and 33 minuts	hovvre 4 and 27 minuts
7	hovvre 7 and 42 minuts	hovvre 4 and 18 minuts
14	hovvre 7 and 52 minuts	howre 4 and 8 minutes
21	hovvre 8 and 3 minutes	hovvre 3 and 57 minuts
28	hovvre 8 and 9 minutes	hovvre 3 and 51 minuts

New moone the the second day, 24 minuts after sixe of the clocke in the morning, some fall of raine.

First

firſt quarter the ninth day, 19 minuts after fiue of the
cke in the morning, variable and vncertaine.
The full Moone the 17 day, 23 minuts after 9. of the
cke in the forenoone, ouercaſting clouds for raine.
laſt quarter the 25. day, 51. minuts after one of the
cke in the morning, ſome ſtorme expected.

Nouembers Abſtract.

In Nouember finiſh the Phiſicke that yee meane to
e, and ſo reſt till March, except ſom great neceſſity co-
ll thee, vſe good meats and wholeſome Wine to nou-
h thy bloud: prouide thee warme clothing, and go dry
thy feet, or elſe make ſure account of rheume & poſe,
des ſome other inconueniences that will enſue, &c.
ware of the hot houſe this month, and vſe Vitony
Cinamon in drinke.
In the new of the Moone, you may remoone young
es, as in the laſt month, and ſet Crab-tree ſtockes to
t vpon, when you pleaſe. It is alſo a good time in the
e of the moone, to ſet Peaſe, Beans, and if the wea-
be not too hard, it is good ſowing of Parſneps, good
ing of Malt, and killing of Beeues and Swine.

¶ Of December.

The ſunne riſeth.	The ſunne ſetteth.
howre 8 and 12 minu.	howre 3 and 48 minuts.
howre 8 and 14 minu.	howre 3 and 46 minuts.
howre 8 and 15 minu.	howre 3 and 45 minuts.
howre 8 and 12 minu.	howre 3 and 48 minuts.
howre 8 and 7 minu.	howre 3 and 53 minuts.

e moon the firſt day, 52 minuts after 4 of the clock
afternoone, ſtormy and vnconſtant.
ſt quarter the 8 day, 58 minuts after 11 of the clock
ght, winterly weather.
moon the 17 day, 11 minuts after 3. of the clocke
ning, ſome fall of moyſture.
quarter the 24 day, about 11. of the clocke in the
one, ſeaſonable for the time.
moone the 31. day, 56 minuts after foure of the
in the morning, cold and cloudy.

Decembers Abstract.

In this moneth of December, keepe thy body and bed from cold, and eate such meates as bee of hot quality, abstaine from Phisick, and let thy kitchen be thy Apothecary, warme clothing thy Nurse, merry company thy Keepers, and good hospitality thine exercise.

Remoue trees and bushes as aforesaid in November, if the weather prooue not extreame. In the wane of the moone, set Beans and Pease, and those hearbs that can not indure the cold, couer them with straw, or other prouision, from the frosts and snow. Finally, thus end the old yeare, let vs repent vs, and forsake our old sinnes, and lead newe liues, all the daies of this miserable and transitory life, that in the end, we may be translated into euerlasting ioy and happinesse, through Iesus Christ our Sauiour, who be praised for euer and euer, Amen.

A Precaution and aduertisement, made for euery month of this yeare of our Lord God 1613. declaring the dangerous daies and nights to take any sickenesse or to be sicke in: whereby euery man may take heed to himselfe, and so prouide in time for speedy remedy.

¶ Of Ianuary 1613.

The 1st day and all night dangerous, the 13 day and night and 14. date in like manner, the 21. day and most part the night also dangerous, the 27 day and all night and next day at noone, very dangerous.

¶ Of February 1613.

The third day dangerous, the 10. day and all night in like manner, the 18 and 19 dayes dangerous, the 24. day all night very dangerous.

¶ Of March 1613.

The ſecond day and all night, and the third day dangerous, the tenth day and all night in like ſort, the 17, and 18 daies and nights dangerous, the 24. day and all night, till the next day at noone alſo, the 30. and 31, daies and nightes very dangerous.

¶ Of Aprill. 1613.

The ſixt day and all night, and eight day dangerous, the 14 and 15 daies and all nights in like manner, the 20: and 22 daies and nights daungerous, the 27 day, and 28 day, and all night, till the next day at noone alſo daungerous.

¶ Of May.

The fourth day, and the ſixt day and night dangerous, the 11 and all night, and the 14 day likewiſe, the 18. day, and the 20 day and all night dangerous, the 24, 27, and 30 daies and nights, very dangerous.

¶ Of June.

The fourth and 8 daies dangerous, the 11 and 14 daies nights. in like ſort very daungerous, the 18 day, and 21 day in like manner, the 25. day and 28. day, alſo in like ſort dangerous.

¶ Of July.

The third day, and fift date till midnight dangerous, the 10 day 12 daies in like ſort, the 16. and all night, and the 18 dangerous, the 54. day and 25. day, and moſt part of the night likewiſe, the 31, day till the next day at noone very dangerous.

¶ Of Auguſt.

The firſt day and all night, and the 7 day all night, and the 8 day very dangerous, the 14. day and all night, and the 15 day likewiſe, the 21 day and all night, and the 22. day dangerous, the 29. day and all night in like ſort dangerous.

¶ Of September.

The fourth and fift daies and nights daungerous, the tenth

tenth day and all night, and the 12. day likewise, the 1[illegible] and 19, both daies and nights daungerous, the 25 day and the 27 day and night dangerous also.

¶ Of October.

The first day and all night, and the fourth day daungerous, the seauenth & tenth daies and nights also, the 14. and 18 dayes and nights dangerous, the 22 day, and the 26. day, and most part of the night, and the 29 day dangerous.

¶ Of Nouember.

The first day and all night, till the next day at none, and the fourth day dangerous, the 8. and 10. dayes and nights dangerous, the 16 and 18 dayes and nights also, the 24 and 25, daies, and the 30 day and all night dangerous.

¶ Of December.

The first and seauenth dayes and nights daungerous, the eight day and 15 day and night very dangerous, the 22 day and all night, and the 23 day also, the 29. day and all night very dangerous.

FINIS.